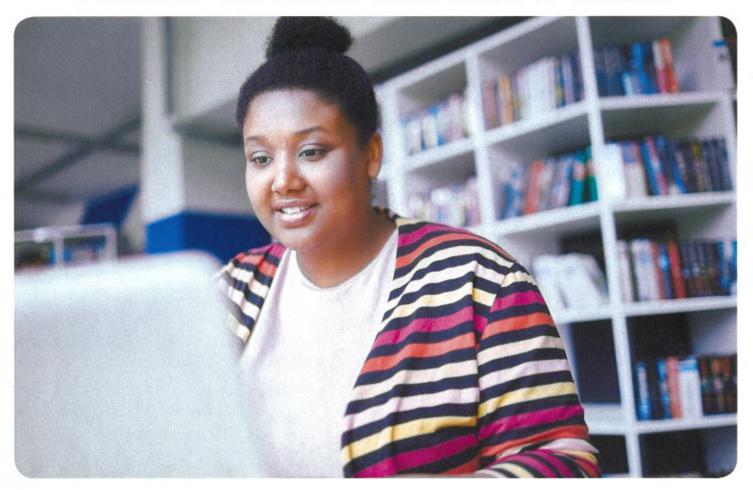
## THE RENFREW CENTER ALSO OFFERS A VIRTUAL COLLEGE OUTPATIENT GROUP



## **MEETS WEEKLY**

Contact us for details

## Group discussion covers the following topics:

Balancing hybrid learning • Social isolation • Screen time fatigue • Utilizing supports

Self-care practices • Navigating family dynamics • Meal planning and nutrition

Exercise culture • Returning to "normal" college life

## MORE INFORMATION

Please call 1-800-RENFREW (736-3739)

or visit www.renfrewcenter.com.

